

MARY WISE Menu Planners AND SHOPPING SUGGESTIONS



THREE CHEESE BREAD is a brand new recipe developed to be served with salads or barbecued meats or as a snack. It's quickly made with a prepared biscuit mix.

Three Cheese Bread New And Delectable

June is Dairy Month and this year California continues to rejoice in an abundance of dairy products at reasonable cost, as local herds of fine milk producers

keep busy maintaining their standards. Dairy sour cream, ice cream and ice milk, sherbet, cottage cheese, buttermilk — all these are dairy favorites.

THREE CHEESE BREAD

- 3 cups prepared biscuit mix
- 1 cup grated Swiss cheese
- 1 cup grated sharp Cheddar cheese
- 1/4 cup grated Parmesan cheese
- 1 1/4 cups milk
- 1 tbs. chopped parsley, if desired

Combine biscuit mix with cheeses. Add milk and parsley and stir just until blended. Spoon into buttered 9x5x3-inch loaf pan. Bake at 350 degrees for 50 minutes. Allow to cool in pan 5 minutes before removing. Complete cooling on wire rack or slice and serve warm.



RED AND GREEN bell peppers combine with marinated artichoke hearts to provide a zippy relish to be used as a side dish for a meat entree.

Peppers, 'Chokes Are A Side Dish

Serbia, colorful former Balkan kingdom now a part of Yugoslavia, has produced some colorful dishes, including "Ivar," a salad or relish used as a side dish for meats. In this recipe, Ivar is blended with marinated artichoke hearts.

hearts, pre-cut into small pieces, and season to taste with salt, pepper and vinegar. Mix well, return to refrigerator until cold and ready to serve. Serves 4 to 6.

ARTICHOKE HEARTS IVAR

- 4 green bell peppers
- 4 red bell peppers
- 1/2 cup cold water
- 1 clove garlic
- Vinegar to taste
- Salt and pepper to taste
- 1 jar marinated artichoke hearts

Place peppers in a shallow pan and bake at 400 degrees for 30 minutes, or until peppers are soft and skin begins to shrivel. Remove peppers from oven, place in a deep bowl and pour cold water over the peppers. Cover with a dish towel for 20 minutes. Remove as much skin from peppers as possible. Chop peppers and garlic.

Add marinated artichoke



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Candidate Says:

Tax Reform Bill Needs More Study

Many provisions of the defeated Unruh-Petris tax reform bill should be "re-studied and enacted to ease the burden on today's property owner," senatorial candidate David K. Lyman said today.

Terming the measure "the first, comprehensive tax reform bill to come out of the legislature since the 1920's," Lyman said it would decrease school property taxes by 25 per cent and eliminate taxes on business inventories, household goods, and solvent credits.

The bill passed the 1965 assembly but was killed by the senate.

THE PROPERTY tax was enacted when most of the land produced income, and therefore was actually a kind of income tax. Today, however, Lyman explained, many property owners use their land for homes, not income.

"Usually," Lyman said, these people have a small investment and a large mortgage. Yet they pay their taxes based on the high value of their land rather than their investment."

LYMAN IS a candidate in the new 32nd Senatorial District, which runs a wide strip between Watts and Willowbrook and San Pedro.

Under some provisions of the Unruh-Petris proposal, a more equitable shift of the tax burden would be found in an increase in income tax, a one-cent increase in sales tax, a five-cent-a-pack cigarette tax, and increases in bank, corporation and inheritance taxes.

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